

Vitamin B-12

Involved in:

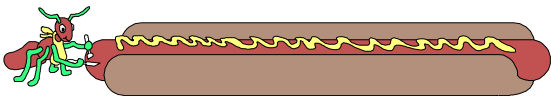
- _ Metabolism
- _ Production of blood
- _ DNA synthesis
- _ Regeneration of folate
- _ Nervous system maintenance

Deficiency Symptoms:

- _ Megaloblastic anemia
- _ Neuropathy - nerve demyelination
- _ Elevated homocysteine levels which are toxic to the nervous & vascular systems, & promote heart attacks, blood clots, & strokes

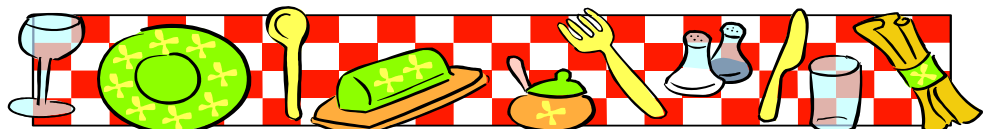
Contributing Conditions to Deficiency:

- _ Excessive use of Vitamin C
- _ Aging
- _ Alcoholism
- _ GI inflammation, damage, surgery or resection
- _ Celiac or tropical sprue
- _ Strict vegetarianism



Recommended Amount Per Day:

- _ 2 micrograms



Toxicity symptoms:

- _ None have been reported
- _ **NO** benefits of megadosing have been shown for nondeficient people

Good Food Sources:

- _ Oysters, Clams & Scallops
- _ Crab & Lobster
- _ Rockfish & Salmon
- _ Sardines
- _ Flounder & Haddock
- _ Swordfish & Tuna
- _ Egg yolks
- _ Organ meats
- _ Meat & Meat products
- _ Milk & milk products
- _ Camembert & Limburger cheese
- _ Cheddar & Cottage cheese
- _ Fermented butter & fish sauces